# EXAMPLE Learning Disability Annual Health Check Decision to Decline Tool

# Patient Name Tom Smith [MOCK EXAMPLE ONLY]

|  |  |
| --- | --- |
| NHS number xxxx xxxx xxxx |  |
| Date of birth 28/11/1997 |  |
| Who was involved in this decision [names / role or Relationship to the person] | Mrs Smith- Mother of Tom  Dr Lee- Named GP  Sharon- Direct payment carer |

To be completed by GP practice: contact patient to ….

**Ascertain reason for declining and their understanding.** If someone is Declining an Annual Health Check the health professional / AHC booking person OR the family / people who support the person should ask these questions to help establish the person’s understanding of WHAT and WHY Annual Health Checks happens and what the RISKS are of declining.

\*\* If after using the persons preferred method of communication you have been unsuccessful, please refer to hard to reach nurses for further support.

In this contact:

1. Ask the person if there are certain parts of the annual health check that make you feel anxious or you struggle with the place it is done, you can ask for changes. Having SOME of the annual health check is better than missing it all.

**Provide details:**

When I spoke to Tom about the reasons why he wouldn’t want an annual health check he said, he doesn’t need one. And was unable to explain what makes him feel anxious about attending the GP.

2. Check that they could understand and retain the following information:

* Some illnesses are hidden so the annual health check helps us make sure that nothing is missed and you are healthy?

Yes  No

* If you have something wrong that is not treated it can get worse and then it can be too late to treat.

Yes  No

* People with a learning disability are not always able to tell if something has changed and let someone know. So this can mean they have things wrong that are not treated.

Yes  No

* People with a learning disability often die younger than everyone else because illnesses are not found early enough. The annual health check will help to find things early so this helps to lowers the chance of this happening to you.

Yes  No

GP practice to document:

The methods used to communicate and who they spoke with. Detail what the person said or did to demonstrate their level of understanding of the above. Any additional information received from the people who support them.

|  |
| --- |
| Tom is a 23-year-old male who can communicate verbally but relies on information and communication being clear, concise and use short sentences to assist his understanding of what has been said.  Tom’s mother advised me that he can find telephone conversations difficult so saw him at surgery to talk through  I sent Tom a copy of the easy read information & checklist about the annual health check prior to the meeting and asked him the circle topics on the checklist that he might be worried about.  When we met his reason for not wanting to attend and he said that he doesn’t feel like he needs it because he isn’t poorly.  we discussed that annual health checks are to try and catch things before you get really poorly because illness can hide.  Tom was able to demonstrate a limited level of understanding for example, “are you able to tell me why the annual health check is important”, and Tom replied, “to make sure that I am okay”, however, when I asked if he would like to now attend his check he replied “no, because he is not poorly” demonstrating that he has not fully understood what we discussed. |

To be completed by GP practice **Remember: This decision must be the patients decision and not the decision of people who support them** - if there are queries relating to who has made this decision and the patients understanding then please refer to Hard to reach Nurse.

From this information did the person have **Capacity to decline** **the annual health check** and understand the reasons their GP practice think they should attend

Yes  No

**IF YES they do have capacity to Decline**

**Are there any reasonable adjustments or additional support we can give to help build better acceptance of health support from the GP practice?** Refer to hard to reach Nurse if additional support is required

**If NO they do NOT have Capacity to understand the reasons for an annual Health check and risks if they do not attend**

Then make a best interest decision through discussion with people who know the person well. Please refer to hard to reach Nurse if further support is required

Consider :-

* How much of the annual health check can be done via discussion and support with people that do know them well and they trust.
* Has the health check preparation form been completed to identify areas of health and create an action plan for overcoming barriers for the coming year?
* Are there any reasonable adjustments or additional support that can be given to help them build better acceptance of health support from the GP practice?

Is it in their Best Interest to have an Annual Health Check YES □ NO □

**Detail the reason for the decision and any Reasonable adjustments**

Best interest discussion held on Monday 11th Sept 2022 at 11:20 by telephone call

Names of people involved: Mrs Smith (mother), Dr Lee (GP), Stacey Low (Carer from care agency)

It was agreed that:

Mrs smith will complete the AHC prep form which will be reviewed by the GP/ Nurse. They will then screen and review it for any indicators of any potential health concerns that may need further exploration, for example, monitoring and recording Toms change in bowel movements.

If any areas identified requiring consultation an appointment will be booked for Tom specific to that.

A note will be made and flagged on his record to opportunistically do physical elements of AHC when he next has an appointment.

• It would be helpful for Tom’s carer to do a few health sessions with him to improve his awareness of health with the aim of him attending next year’s annual health check and pick up any changing in his health.

• The outcomes of the Best interest decision is also reflected in his health action plan.

If further support is required to overcome barriers: Information required for referral to Hard to reach nurse: copy of this document, home address, known risks, support in place,